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The Independent Fall 2002

Touro College Manhattan Women's Division

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Fall 2002

The Independent

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The official undergraduate newspaper of the Manhattan Women's Division of Touro College

College Campuses Take a Stand

Divestment: A Fatal Movement Against Israel

by Rivkie Sternberg
Senior Editor

Recently, pro-Palestinian groups in the U.S. managed to turn widespread anti-Israel sentiment across university campuses into something far more potent than simple rhetoric. This undercurrent of anti-Semitism has resulted from a highly radical call for Divestment from Israel ("Divestment"). Divestment is a movement that calls for universities to withdraw investments from companies that do business with Israel. The origins of this campaign against Israel emerged in Cambridge, where Harvard and MIT students and faculty petitioned for all university investments in Israel to be removed. Harvard President Larry Summer condemned the movement as anti-Semitic. Proponents of any Divestment movement, as Summer said, were "anti-Semitic in their effect if not in their intent."

The student groups promoting Divestment have exploited the media's simplistic reference to Israel's so-called apartheid policies. As was popularized in just such an operation against South Africa in the 70s and 80s, Divestment seeks to pressure companies, intellectual institutions and individuals into removing any financial interests they may have in a 'racist regime'. The current Divestment petitions are meant to pressure Israel into withdrawing from territory captured in the 1967 Arab-Israeli war, to return to peace talks, stop building settlements and promote better treatment of Palestinians.

Divestment from Israel is wrong. Not only is it morally repugnant, it is flawed both from a logical and political perspective.

The current proposed Divestment takes its model from the similar movement against Apartheid in South Africa during the 1980s. However, that campaign focused on hurting companies that exploited black labor. Today, in Israel, the conflict between the Palestinians and Israelis does not help Israeli industrialists. In fact, Israeli businesses have suffered greatly since the beginning of the second Intifada. More importantly, the absurd comparison of South African Apartheid to the Middle East ignores the fact that Israel is a lone democracy. Israeli law does not show prejudice toward Arab Israelis. They have representation in the Knesset and exercise all the rights enjoyed by their Jewish neighbors. In South Africa, blacks that protested against the government were slaughtered. Never in Israeli history has anything so cruel or oppressive occurred. Israel is devoted to human rights, and associating them with Apartheid is just a ploy to alienate them within the global community.

"Divestment seeks to pressure companies, intellectual institutions and individuals into removing any financial interests they may have in a 'racist regime'."

The unprecedented amount of media coverage of the Israeli-Palestinian conflict has penetrated into many U.S. college campuses. Unfortunately, much of the coverage has a liberal bent to it, playing right into the hands of the largely liberal academic community. College campuses are not appropriate forums for a Divestment campaign. Divestment is a complex issue with international consequences. Debate should certainly be encouraged, but policy should not be created by universities. Above all, a university is an institution of *learning*. Discussion and promotion of ideas is part of education, but a movement with political implications such as divestment should be left to the policy and law-makers.

Israel was prepared to make substantial concessions for peace two years ago at Camp David. Not only were these rejected by the Palestinian leadership but, they were apparently viewed as signs of weakness, paving the way for suicide bombs and Palestinian dreams of a disappearing Israel. Divestment does not fit at all within such a framework. It condemns those who have consistently been looking for a peaceful solution while validating the desperate and brutal acts of terrorism.

The harsh implications of Divestment will exacerbate and not alleviate the violence in the Middle East. Ironically, such a policy would do more harm than good to the people it presumably hopes to help - the Palestinians. Their infrastructure is supported by Israel. By blocking Israel financially, one would concurrently be crippling the Palestinians, making it harder for Israel to support them. The governments, businesses, and most importantly, the people, are dying on both sides. The Divestment campaign is blind to the fact that innocent people die every day, that terrorism has all but crippled the economy and that the entire population, soldier and civilian alike, live in a constant state of fear. Divestiture is a feeble step backward, moving away from a solution for peace. It is like trying to cure the headache with Tylenol, while ignoring the brain tumor growing in the Middle East.

"The harsh implications of Divestment will exacerbate and not alleviate the violence in the Middle East."

Critics have pointed out that although ostensibly motivated to "encourage" Israel's expedited participation in the Peace Process, the call to divest seems to be nothing more than an opportunity to punish Israel, to de-legitimize, alienate (financially and politically) and dehumanize it in the eyes of the global community. Most divestment petitions, such as the one drafted by Columbia University, even forego using the word "peace" in their wording, implying that such is clearly not part of the agenda.

As we go to press: We now find more condemnation of the Divestment petition for being a one-sided attempt to punish the State of Israel. Princeton, Harvard, MIT, Tufts, University of California, and the University of Pennsylvania have rejected the proposal. Anti-Divestment is gaining ground.

Touro College Speaks

The Independent

Many people wonder why the newspaper is called *The Independent* and have even suggested changing its name. However, *The Independent* symbolizes everything that a college newspaper is supposed to be--a place where the individual student voice is heard. To reinforce this idea, we asked students what *independent* means to them.



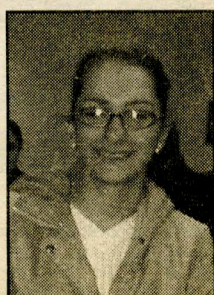
"Liberation, not being bound by anything or anyone."
Yael Gormezano, 21



"At this moment I have no independence. I am busy doing schoolwork."
Shoshana Davis, 20



"The ability to rely and trust in the decisions that you make."
Shira Druxman, 20



"Being an individual. Standing strong in what you believe."
Regina Mushayev, 20



"Recognizing our true talents and applying them in an individually way, while depending on G-d's strength and recognition."
Shira Des Moines, 19



"Making your own decisions."
Charni Spizman, 20

What do you think ...

EDITORIAL

Letter From The Editor

A Salute to Creativity



Freeing one's creative spirit is one of the most important things that a student can learn in college. As Jews, our challenge is to live *B'tzelem Elokim*, in the shadow of our Creator by humanly personifying His actions. Mirroring G-d's actions means submitting to the challenge of creating and of being creative. This message is intended to encourage us to establish a mission, and a future for ourselves, before G-d.

Celebrating the challenge of learning is the central element of a true education and this for us, as Jews, is part of the moral and cultural foundation of who we are. All learning is important and valuable: we learn a profession in order to serve, we learn a trade in order to help make living sweeter, and we learn about life to better dedicate ourselves to Hashem. The full blossoming of all learning is the wealth of creativity that results from understanding and from confronting challenges. Similarly, creativity is a candle that grows brighter and brighter within, illuminating one's actions, and providing

clarity for one's daily steps into the world.

My personal growth and creativity was enhanced through one of my mother's closest friends, who later became one of my favorite adopted Aunts, and Inez. For one of my birthdays, Inez bought me one of my most cherished books called, *A Creative Companion: How to Free Your Creative Spirit*, by Sark. This small colorful book is overfilled with inspiration.

Inez's wonderful gift always inspires and energizes me. One of my favorite pages from her gift teaches the reader how to be really alive by stamping out conformity, by making "yes" the favored word, by allowing oneself to feel rich without money... and by living "juicily." Sark's message about "juicy" living entails perceiving the world as being full of ripe fruit ready for plucking. College is the place to begin learning how to recognize and pick the juicy fruit.

It is just as important for students to take electives as it is for them to take courses that count toward a major. Personally, I like taking courses in the Communication Art department. I feel that by taking these courses I have been able to free my creativity, which has helped me in my other classes. As Editor of *The Independent*, I feel that this newspaper is a great forum for expressing one's thoughts, opinions and views. In this issue a section on creative writing has been included because students should be able to "independently" express themselves, in their own style and with their own creativity.

You are the miracle, according to Sark. She instills in her reader a sense of possibility, a feeling of freedom to dream and to live out dreams. She is correct. G-d gives us lives to be used for good purposes. Education is part of developing ourselves to reflect G-d and to realize our potential. As students, as persons, and as women, we must meet our challenging and wonderful obligation.

Sincerely,
Reena Goldberger

If you have any comments or ideas for future issues of *The Independent*,
please email me at TheIndependent@touro.edu

Dorm Reflections

by Malkie Katz
Dorm Mother

It's been years (don't dare ask how many) since I lived in a dormitory together with Dean Ehrlich as a student in BJJ. Who'd have believed when my husband Motty and I decided to become dorm parents that it would turn into the most wonderful job I have ever had. The most enjoyable part of this job is talking to you guys and getting to really know you.

Our Shabbos is greatly enhanced by hosting all of you as our Shabbos guests. Many Fridays I receive last minute reservations, but at least I know that I can count on you to do your share of shopping, setting the table, and making a salad large enough for the entire crowd.

It's great the way you're always trying to help each other. Who can forget the Erev Shabbos when Shelly Atlas, Leah, and her friend Rena got stuck in the elevator? The firemen came a half hour after candle lighting to find a special group of young women on the second floor standing near the elevator talking and singing to keep Leah, Rena, and especially Shelly, calm.

I was extremely moved by the strength you all showed during the difficult times of September 11, 2001. While we met in my apartment twice daily to say Tehillim, I realized the awesome responsibility given to me and the tremendous privilege it was to serve as the dorm mother. That Shabbos, 30 girls ate with us at our table. Needless to say, it was a busy day of cooking. But what was even more challenging was finding a place to put everyone in our 'spacious' apartment.

To be fair, I must also mention the negative features of the job. One of the most tedious aspects of being dorm mother is being in charge of the irritable fire alarm, which has a mind of its own. When it goes off, off I go to find the culprit of the noise. In the past, it has been a kugel left in the oven too long, microwave popcorn, or someone taking a steamy shower.

A very special part of my job is the relationship I have working with Dean Ehrlich, Dr. Luchins, and Hadassah Lehmann. The mutual respect we have for one another has made this past year and a half a pleasurable experience. Motty and I truly enjoy the close relationships that we have formed with the dormitory students and value your friendship. We look forward to continuing our relationship with Touro and the young women of the dorm.



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Bucharian Jews Speak Out

A History and Religious Perspective

by Bella Yagudayeva
Contributing Writer

In the early to mid '90s, a vast influx of Central Asian Jewry chartered "new land" by immigrating to the United States. Repelled by the economic and political conditions in their homelands and attracted by the promise of America, thousands of traditional Bucharian Jews embarked on a journey from their native lands to the ultimate destination: America. It took incredible courage to undertake this precarious voyage. Compromising their stability, status, and wealth, these groups were willing to leave the familiar mode of life behind all for the sake of a vision, a dream that would allow them to expand a world of opportunities for their children. While resenting the life that would brand them as immigrants, these groups unselfishly invested their lives into the future generations hoping that one day their community would be widely acknowledged for its achievements. They ventured out on their journey filled with optimism, unaware that their journey would eventually change the course of their identity.

In America, "freedom of religion"

“Parents never anticipated that sending their children to Jewish schools would spark a new movement in their community.”

was a broadly used expression that appealed to immigrants. Yet, no one really comprehended the true connotation behind this trite remark. For most of the new immigrants, religion signified the few traditions that were passed down from generation to generation. Unfortunately, for most of the Bucharian the true meaning of Judaism had been lost throughout the years. In America, where religious Judaism flourished, the astounding encounter with religion began another journey in and of itself.

Sending their children to Orthodox institutions was simply the way to avoid the adverse environment of the Public School system. Parents never anticipated that sending their children to Jewish schools would spark a new movement in their community. Now their own children would help them rediscover the ancient practices of their ancestors. When confronted with this entirely new reality, religion took on a new meaning. Religion enabled them to reunite their modern views of the world with their long-lost Jewish heritage.

In retrospect, the journey to America proved to be a mind-shattering experience that opened a world of opportunities to its newcomers. Though not as widely recognized in their accomplishments, the early immigrants will nonetheless be written in history as pioneers who established an entire population of Orthodox Bucharian-American Jews.

In recent years, the population of Bucharian American Jewish women in Touro College has grown. Although still a small group, the powerful voices of these highly motivated and ambitious students are heard. One of the most popular individuals of this group, known for her expressiveness and poise, is Regina Musheyev, who generously contributed her precious time in perfecting our institution as a former member of the student government. Other individuals, myself included, may be recognized for holding the work-study positions offered by Touro College. Whatever positions we may hold, whatever our differences may be, our ultimate goal is to live up to the expectations of our parents, who gave up their stability for the sake of ours. We are the future, the hope of our community, and a true synthesis of Torah, modern life and Bucharian pride. Our intellectual and spiritual abilities are leading our community to a glorious Renaissance.

A Solid Heart, A Unified Soul

Showing Solidarity for Our Homeland

by Rivky Kovacs
Contributing Writer

Over a year ago, on one hot summer afternoon in downtown Jerusalem in a well-known pizza shop, many Jewish families and friends gathered at lunchtime. The restaurant was crowded and loud with customers. A Chasan and Kallah soon to be married had their invitation list to review and revise. Two girls who were best friends, sat laughing over a slice of pizza. Just a few moments later the sounds of joy

in the restaurant turned into those of horror. The packed kosher restaurant turned into a blood bath after a suicide bomber entered the pizza shop with a bag full of nails and sharp objects and detonated a bomb. The couple's wedding list turned into the Chasan's funeral list. As for the young girls, they were buried side by side—for they were best of friends. This was the Sbarro bombing.

Consider another story: The Weiss family moved from Dallas, Texas to Rannana, Israel, pursuing their dream of living in Eretz Yisroel. Mr. and Mrs. Weiss were extremely proud of their eldest son, Ari, who was 21 years old. He served in the Nachal Brigade unit in the Israeli Army. Ari loved Torah, Am Yisroel, and Eretz Yisroel. He could have easily stayed in America, enjoying a life of comfort. Yet Ari wanted to live in Eretz Yisroel and fight in the Israeli Army so that he could defend his land and his people. After spending Sukkos at home in Rannana, Ari was murdered in Nablus while searching for weapons. Had he lived three more weeks, he would have celebrated his 22nd birthday.

Unfortunately, we all know too many stories of innocent Jews who were murdered by Palestinian terror-

ists. We cannot understand or question Hashem's plan, but every single one of us can improve the situation in Israel. With everyone's help we can prevent more innocent Jews from being murdered. Furthermore, we can strengthen and preserve the land of Israel.

You are fortunate to attend college after completing high school. In Israel, army service begins at age 18. Young adults defend Israel every day not knowing if

they will be murdered themselves while defending their country.

Some of them, such as Ari, have died Al-Kiddush Hashem. No one is asking you to necessarily

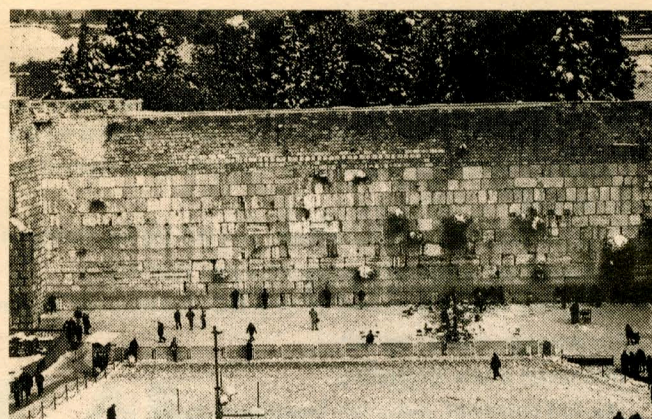
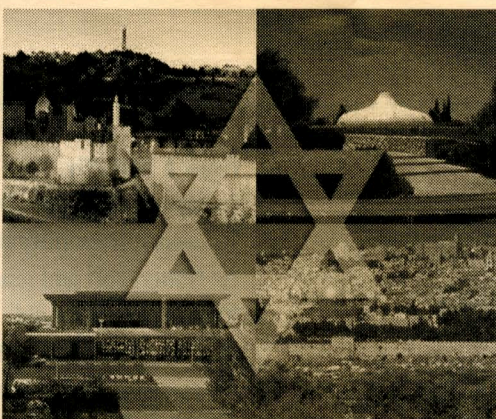
make Aliyah and join the Israeli army. What I am requesting of you is to put in all your hishtadlus (effort) here, even in America, so that you can help Eretz Yisroel.

"Im Eshkochech Yerushalayim Tishkach Yimini" (Tehillim, 137). "If I forget you Jerusalem, let my right hand forget its skill." This pasuk (verse) sounds familiar because it is said prior to birchas hamazon (grace after meals), yet many of us still forget Yerushalayim. We forget Yerushalayim because we are content in America. Eretz Yisroel needs our help now more than ever! Now is the time to remember - act and assist our land and our fellow Jews.

You understand how much Am Yisroel and Eretz Yisroel need your help, so please reach out and support our land. Help the Jews who are currently suffering, and prevent G-d forbid any more terror. There are several ways to support Israel: financially, spiritually, and physically (visiting the land). In the Zechus that we all support Israel, may Hashem return us to our land, permanently, with Moshiach Tzidkanu!!

"Hashivaanu Hashem Elecha Vnashuva" - "Return us, G-d, to You and we will return."

“We cannot understand or question Hashem's plan, but every single one of us can improve the situation in Israel.”



How You Can Help

4 Practical Ways

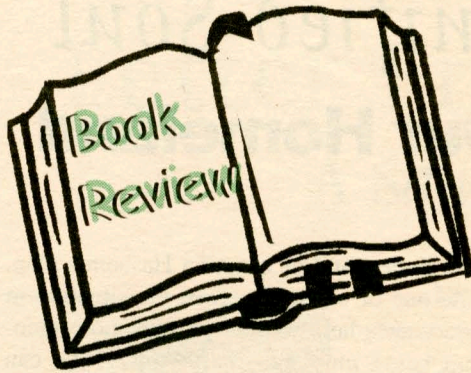
Give of your (Tzedakah, Maser) money to Eretz Yisroel. There are several worthy organizations in Israel that need our donations. Groups like *One Israel Fund*, *Chevron Fund*, and *Israel Emergency Fund* are charity groups that give money to terror victims and their families. There are also funds used to protect Jews that are threatened by their Palestinian neighbors. They must buy special equipment such as bulletproof vests, security cameras, bulletproof vehicles, and night vision equipment to help prevent the loss of any more Jewish lives.

It is critical to have Eretz Yisroel in our tefillos at all times. Even though it may appear to us right now that it is quiet in Israel, the raging screams of our enemies pierce the ears of the men, women, and children throughout the Holyland. We need to show Hakadosh Baruch Hu that we are concerned about Eretz Yisroel and want to be spared from any future terror attacks. Davening for Israel is extremely critical; we want Shalom in Eretz Yisroel without any more Jewish blood being spilled!

We can write letters to President Bush telling him we support Israel and that America should continue to support Israel too. We are in fact two nations fighting the same war against terrorism. Do not wait for another solidarity rally in Washington, D.C.. Express yourself now and let our President know how important the protection of Israel is to American Jews.

In parshas "Lech Lecha" Hashem told Avraham Avinu to leave Charan, and move to Eretz Yisroel. **This winter break, follow the footsteps of Avraham Avinu and go to Eretz Hakodesh for free!** Israelis were recently asked what Americans could do to help Israel. Their response was, "Come visit us!" Show your solidarity! Mayanot / Birthright Israel is sponsoring a ten day trip to Israel for free!!! (Really, no strings attached!) Tour Israel, strengthen Israel, and be inspired.

I am B'Ezras Hashem organizing a Mayanot trip tentatively Jan. 11. This trip will only exist if there is a minimum of 25 girls joining the program. Come and experience the best ten days of your life, for free!! The application deadline is approaching and space is limited! Please contact me for more information (Rivky Kovacs, 646-281-6909, hevelolami@yahoo.com/ apartment number 2C in the dorm).



"Mirrors" Reflects Inner Lives of Jewish Woman

by Esther Rosenfeld
Contributing Writer

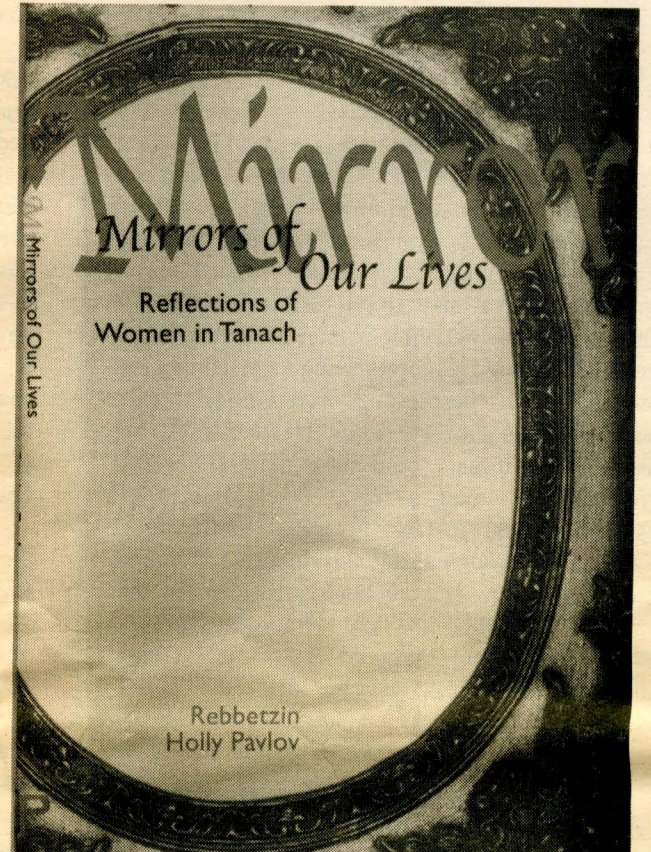
Time and again, I have been disappointed by the way the woman's role is portrayed in Judaism. Many books frequently describe Jewish women as being confined to their homes as safe havens, or stress modesty to such an extent, that it causes us to forget that *tzniut* is a character trait - not just a skirt measurement. However, I have finally found a book that expresses admiration for the Jewish homemaker and conveys a sense of pride. This book is entitled, Mirrors of Our Lives, by Rebbetzin Holly Pavlov.

The title of this book says it all. Rebbetzin Pavlov mirrors the admirable traits that our ancestors fused into the Jewish people. By re-telling the stories of these venerable women, she explains the hidden meanings and timeless values of their actions. This book also emphasizes many important principles of Jewish behavior such as prayer to and appreciation of G-d and others. Mirrors of Our Lives is not only a book for women, but for both men and women alike.

My favorite chapter is entitled, "To See Good is To Feel Good", regarding Leah Imeinu and her expression of *hodayah*, praise to G-d. Rebbetzin Pavlov defines Leah's *hakaras hatov* to Rochel and

why it was so essential in changing her fate. Rebbetzin Pavlov investigates the reasons why some people shirk from helping others - could it be a fault of human nature? This essay is intertwined with insightful pieces of Gemora which bring stirring depth and clarity to this issue while illustrating how Leah permanently infused her valuable trait of *hakaras hatov*, into the Jewish people.

Rebbetzin Pavlov does not use blunt criticism to get her point across, nor is she condescending, making us ashamed of who we are. Instead, she brings to light the potential each person has. She reminds us of our rich past and the legacies that have been passed down to us. The book discusses the legacies of great women with whom we are familiar, such as Sara and Miriam, and those like the Shunamite woman, whom we do not know much about, (we don't even know her name!). A great deal can be learned from all of these women, and I hope that Mirrors of Our Lives will enlighten you, brightening your path in life, as it did for me.



Autumn

Yael Gormezano

The frozen chill of changing winds is all embracing.
The smell of burned autumn leaves remains stained on the many pages
Contained within the chapters of my childhood memories.
Reflecting,
I can see the neon yellow, orange, and red leaves glisten in the sun as they
decorated my world with joyfulness and festivity.
The leaves turned to brown as they fell victim to the passing of time.
The autumn chill of rebirth,
Welcomes a new beginning -
The old leaves of yesterday blow away
And the astonishing, white snowflakes of the present
Cover the ancient, broken remains of the towering trees
That protected my body, my heart, and my home.

+She doesn't know right now.
She doesn't know right now
there will be a time
when she doesn't feel guilty for
breathing.

She doesn't know right now
there will come a day
when she can
smile without
pain,
and the sun
will shine
brightly.
She doesn't know.

She doesn't know right now
it is okay to sleep in the dark
alone.

She doesn't know
that her exhaustion will fade.
She doesn't know right now

what it is like not to be afraid.
She doesn't know how to pay her
bills.
She doesn't know right now
that's okay.
She doesn't know.

Knowing Devorah Jaye

She knows that she is scared.
She knows that she is
alone,
she's never been
alone before.
She knows that dark
clouds are hanging
over her once beautiful and clear
horizon.

She knows the world is a cold
and lonely place.

She knows that she was chosen
to live.
That's what she knows.

Poetry Corner

The Butterfly Yael Gormezano

I saw a butterfly,
Escaping, consumed by flight
Its colors, exemplifying divine insight
Its flutter, soft and graceful
Yet defying and wild
And its wings perched on a beautiful element of natural life,
So peaceful and so pure
Its soul inherently in sync with the Creator
Its will in tune with all that possesses melody
There are no conflicting wills when the butterfly comes to pass before G-d
Everything worth saving becomes so evident and overtly lovely
Twilight provides shade for those in need of shelter from a hot mood
And the butterfly delves deep into eternal mysteries
And sleeps soundly when it realizes that there are no answers, only quietude
That lies inherent within the sensuous and spiritual night
That can be tapped into if one would only listen,
To the flutter of the butterfly and the melody of the cricket,
So simple and yet profoundly affecting the heart.

Its last flutter, so graceful and so high it flies
Above our heads, above the sky
I see it fall down faster and faster
Its life came to demise
And this butterfly left me its wings
So that I may utilize
Its flight that has taken it so far
So close to anything that is real
So near to G-d
So far from fear
I wish you luck, butterfly, on your next journey
Please don't forget me,
I am your daughter.

The Pressure Cooker

Are You Ready for Marriage?

by Devora Jaye

Contributing Writer

At my friend's house there is a wall. In the center of this wall, there is a family picture. Above it is her parent's wedding picture. To the right, her sister's wedding picture. Below it, is her other sister; and to the left—nothing. There is no picture. It is a blank space. This is where her wedding picture is supposed to be. Age 24 and single, my friend hates this wall. She hates the empty, waiting space. Why?

The pressure is on. On your eighteenth birthday, maybe nineteenth, you started to feel it. You entered a new world—the world of dating. For most Orthodox Jewish girls around the ages of 18-25, there is a pressure to start dating and get married young. There is almost an expectation that one must marry, regardless if one feels ready or not. This pressure is somewhat intensified in the religious college environment, where “everyone” seems to be dating, engaged or married.

Most people feel the pressure. “It’s implanted in everyone’s mind,” Mindy Weingarten, 18, said. “I don’t personally feel it, but I’m young.”

In a survey of 25 girls, all different ages within the range of 18-25, all the girls said they felt pressure at one time or another to date and get married.

“The pressure comes from peer groups,” Stephanie Karrer stated.

Karrer, 21, is a student here at Touro College for Women, along with Weingarten. “People younger than you are getting married, and especially when people younger than you are dating and getting married, you wonder what’s wrong with you, why am I not dating? Why am I not getting married?”

Recent Touro graduate, Sara Feige Alpert, 20, agreed, “If not for the external pressure, I wouldn’t feel it,” she said. “The pressure is not from me.”

Esther Moeller, 20, was recently married. Not a college student, she said she felt some pressure from her community, but less than most people who are in a seminary or college environment.

Most people agree that the pressure is wrong. “It’s totally illogical,” Alpert says. “Not everyone has to be married by the time they are 20.” Karrer agrees. “A lot of people are getting married because they have to, not because they are ready.”

Dr. Michael Popkin, a professor at Touro College, believes that in many cases the pressure for girls to get married young sometimes leads to less happy marriages. “If girls were older, if they waited to grow up and mature, they could learn a trade and make some money,” Popkin said.

Self-sufficiency is a problem for many of these women, who drop out of school once they are married. Touro Dorm mother Malkie Katz, who was twenty-six when she got married, added to this. She noted that “unfortunately, sometimes these marriages don’t work out, and the girl has no degree to make a living.”

There is also a lot of talk nowadays of both physical and emotional abuse. “The more self-assured the girl is, the better chance she has to protect herself.” Ideally, Katz said that girls should finish school and live independently for a while before getting married, “so the girls can be financially independent.”

Administrator Hadassah Lehmann advises that the only way not to let the pressure take over is to have faith. “I realize that it is not the time for me to be married now,” she says. “Things will work out, it will happen at the right time.”

*Mazal Tou * Mazal Tou * Mazal Tou * Mazal Tou * Mazal Tou * Mazal*



Rachel Gast on her marriage to Michael Fisher
Sari Krause on her marriage to Avi Levy
Netti Spiegel on her marriage to Jonathan Grauberd

Shoshana Friedman on her marriage to Gershon Eisenberger
Malki Vilenski on her engagement to Meir Feldman
Dana Barth on her engagement to Tzvi Scharf

Atara Gold on her engagement to Efraim Marcus

Dairy
Appetizing

Grocery
Frozen

Supersol of the West Side

“The ultimate Kosher supermarket”

Under the strict

Butcher
Catering



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News Briefs

Graduate Returns to Work for Alma Matter

A graduate in Psychology from Touro College, Suzanna Gordon, returns to serve as Assistant to the Dean at the Women's Division.

"It's nice coming back and recognizing many of the faces here," Gordon said. "I remember when *Dean Ehrlich* was a teacher!"

Gordon's first year at Touro was the first year Touro was in the 30th Street campus, the first year of the 85th Street dorm, and the first year the students had a Dorm Mother.

Before returning to her roots, Gordon worked at the OU as a secretary in the Kashrus Department and as Assistant to the Executive Director at the Carlebach Shul. Gordon also spent one year at the 23rd Street Campus in the purchasing department.

Gordon's new job responsibilities include: updating class schedules, answering the phones and fax machine, filling out purchase orders, and of course, ordering Dr. Luchins' dinner. But her favorite part of the day is the break between classes.

"I look forward to the break because that's when the students come down to chat and shmooz," Gordon said. "It's nice. I didn't have that in my old job. Touro has such a nice personable atmosphere which I really missed."

Suzanna and her husband Mordechai Luchins currently live in the Bronx with their 2-year-old daughter, Daphna.

Professor quoted in Wall Street Journal

Professor of finance, Dr. Meyer Peikes, was quoted in the Wall Street Journal (Aug. 30) in an article by Naomi Schaefer, entitled "Accountable to G-d".

When asked to comment about learning business in a religious environment, Professor Peikes explained "the difference between Jewish business ethics and secular ethics is basically that the former is halacha-law." Ultimately, studying in a religious university just may mitigate the likelihood of scandalous activity if we adhere to the "principle not to help those who are propagating sin."

Alumnus Featured in NY Times

Dr. Rachel Yehuda, a graduate of The Women's Division currently serving as Director of the Division of Traumatic Stress Studies at Mount Sinai School of Medicine, was featured in the New York Times on Sept 11, 2002. The article discussed exposure therapy that Dr. Yehuda offered survivors of the World Trade Center attack.

"We decided to test exposure therapy--in which the survivors confront his or her feelings about the event and relieves it in therapy--against traditional kind of counseling that people might get," Dr Yehuda said.

The Economy, Your Future

How Will The Real World Greet You

by Reizy Tsinman
Contributing Writer

Tick, tick, tick. The clock ticks closer to the end of the first semester of my senior year; just four months away to cap and gown time! Shouldn't I be interviewing for that first job?

Finishing my college education in a time when the economy is in such a volatile state is particularly frightening. The large financial institutions have been hit hard by the sliding Dow Jones Industrial Average, the decrease in investor confidence, and the terrorist attacks of Sept. 11 on the World Trade Center. It's no wonder the great Wall Street houses have begun laying off hundreds of employees.

Like the stock market, the job market may get worse before it gets better. The financial sector is projecting a large hiring decrease. According to a survey by the National Association of College Graduates, the hiring of new college graduates is expected to fall 3.6 percent during the 2002-2003 school

"The hiring of new college graduates is expected to fall 3.6 percent during the 2002-2003 school years."

year. One company involved in these cutbacks is Merrill Lynch. I am presently interning for Merrill Lynch and had looked forward to a full-time job offer from them. However, considering that they are laying off employees, my chance of future employment at Merrill is slim.

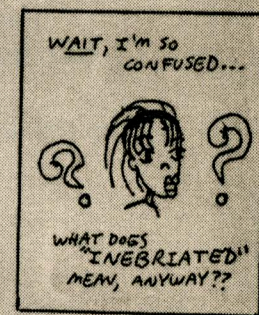
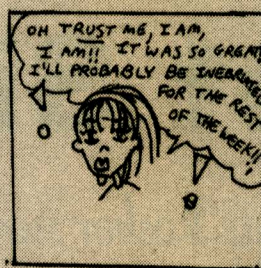
There are some jobs and services that move independently of the ups and downs of an economy, such as an academics and medicine. However not everyone is interested in those particular careers. Although I do have an idea of where I would like my career to go, it won't necessarily be in tune with the job market.

For those of you ready to give up, there is always an alternative to unemployment. "Graduate enrollment tends to move with the unemployment rate," said Peter Syverson, the Vice President of research at the Council of Graduate Schools. I see this as a way to wait out the economic downturn and improve my credentials. Presently, I am taking the necessary measures to manage the effects of the new economy by updating my resume and developing my interviewing skills.

I certainly hope that by the time I graduate the market will be somewhat stronger, allowing me to land the job of my choice. Only time will tell.

DORM LIFE

by Suri Hoeng



New History Professor Hired

Due to the amount of students enrolled in history classes, Touro College Women's Division has hired Professor Zvi Kaplan as a full-time History Professor.

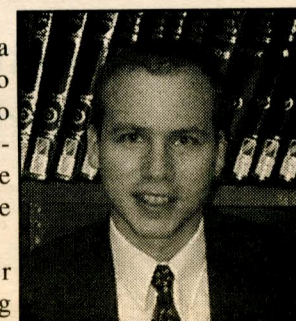
Professor Kaplan has been teaching Jewish History at YU for three years and has spent this past semester teaching at Queens College. He has a Masters in European History and a Juris Doctrate from the University of Toronto. He also earned a MA and Masters of Philosophy in Jewish History, and will receive a Ph.D. in History from Columbia University this May. In addition, Kaplan is also ordained as an Orthodox Rabbi.

"The small classes and individual guidance that Touro offers provides a warm environment that I look forward to working in," Prof. Kaplan said. "I don't believe that professors should live in Ivory Towers; they should interact with their students. There is no greater compliment than a

student asking me to write a recommendation for them. I find nothing more rewarding."

Professor Kaplan's goal is to convey a love for the liberal arts. "I would like students to appreciate the liberal arts for what they are and to not merely look at undergraduate education as pre-training for professional program degrees. I hope to transmit to students my own appreciation for the liberal arts and history in particular."

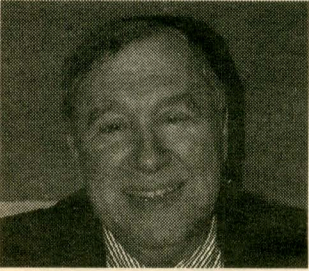
Prof. Kaplan will join us next semester teaching General and Jewish History, including Medieval European, Modern European, and Modern Jewish history.



The Secret Lives of Touro Faculty

by Shira Des Moines
& Suri Hoenig
Contributing Writer

Do we really know our teachers? Do we ever initiate conversations with our knowledgeable professors and really get to know them on a personal level? According to many, it is a rather awkward experience to meet a teacher in a store or a restaurant for who would believe that they would catch their teacher roaming anywhere else but in the confines of the classroom? Upon addressing this issue, it was discovered that the faculty does a lot more than teach at the Touro Women's Division—they lead lives beyond the classroom.



Dr. David Luchins, self-described as “incredibly boring”, is indubitably the absolute converse of such a description. Touro students know him as the Chair of the Political Science department, but Dr. Luchins has a wealth of experience and interests beyond this limited perspective. As one of the original founders of The Women's Division, former advisor to Senators Hubert Humphrey and Daniel P. Moynihan, as well as being an officer of the Orthodox Union and board member of the National Jewish Community Relations Advisory Council, Dr. Luchins has much to offer.

A loyal Minnesota Twins fan, Dr. Luchins was born and schooled in Southern Florida. He has been an avid stamp collector since he was young, and takes pride in his valuable collection. His association with the Orthodox Union began with his attaining leadership positions in NCSY (Regional and National Vice President), though he insists that his wife is the one more involved in the OU, while he merely “tags along for the ride”.

Dr. Luchins studied at Yeshiva University, while turning down acceptance to Yale University. His role at Touro began upon introducing former Senator Hubert Humphrey to Dr. Bernard Lander, the founder of Touro College. Shortly afterward, Dr. Lander enlisted Luchins to help in the institution of Touro, thus commencing a career Dr. Luchins considers to be his major life achievement and ultimate source of pride. Dr. Luchins has contributed a great deal to Touro, not only through his administrative and teaching skills, but also through his invaluable assistance in helping Touro students attain respectable internships as a result of his close ties with the Senate.

Dr. Luchins is clearly someone to look up to as a person and as a Jew. He utilizes his natural aptitude in politics to the advantage of the Jewish community. Dr. Luchins indirectly served as a representative of the Jewish people in the American government, an institution where there is no concept of too much intervention on behalf of the Jewish world. In addition, he helped institute one of the finest Jewish universities in the world. Dr. Luchins is a striking example of what it means to maintain a strong Jewish identity while coexisting in the secular world. Touro College is fortunate to be

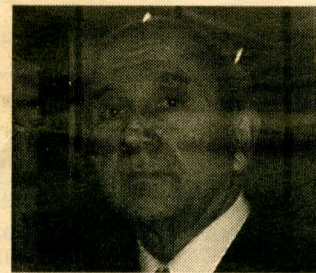
associated with such a person.

Dr. Judith Bleich has traveled quite frequently throughout her life. She was born in Vienna, and then moved to England for part of her childhood. Traveling was something Bleich did a lot of in her earlier years, traveling to many interesting places including Spain, Portugal, and other countries in Europe.

After attending high school in Canada she journeyed to New York where she attended the very first class of Stern College. In Stern, Dr. Bleich studied History and graduated as Valedictorian of her class. Continuing her education, she proceeded to obtain her Master's degree in Jewish History at Bernard Revel Graduate School of YU. Subsequently, Bleich studied at New York University, where she earned her Ph.D in Jewish History.

Dr. Bleich shows a strong love for learning and a desire to share her knowledge with the world. She has been working at Touro College Women's Division for many years, teaching Tanach, Jewish thought, and graduate level Jewish History. She has also taught at different seminaries. Bleich enjoys teaching challenging classes with advanced students, but also said, “there is something special about the beginners classes,” because she enjoys helping students grow educationally.

Dr. Bleich's hobbies consist of reading, watching films, and spending time with her precious grandchildren. Teaching at Touro is something that Bleich enjoys very much. “Touro is unique, there is a close relationship with students; something about Touro feels like a family,” Dr. Bleich concluded.



Born and raised in Brooklyn, New York **Rabbi Norman Strickman** leads his life as a Rabbi, mentor, educator, and nature lover. Strickman attended Yeshiva University achieving a bachelor's degree in History and Hebrew Literature. After completing *Smicha* from Yeshiva University, he continued his education by earning his Ph.D. in Rabbinical literature.

After college, Rabbi Strickman was offered a position as a professor at Touro College and he took advantage of this wonderful opportunity. He has been teaching Judaic studies and Hebrew classes at Touro College since 1977 and enjoys it tremendously. Besides for teaching at Touro College Women's Division, Strickman is a rabbi at the Marine Park Jewish center located in Brooklyn, New York.

Rabbi Strickman's hobbies are reading, writing, traveling, jogging, and hiking (which brings out his nature-loving side.) When asked what he would change about Touro he commented amusingly that he believes there should be a gym for the girls.

Traveling to the holy land of Israel is something Strickman enjoys. Rabbi Strickman admits that his biggest accomplishments and passions are educating and helping people; turning people's lives around. “Never forget you're a Jew,” are the words of wisdom by Rabbi Strickman.

Weird But True Touro Anomalies

by Chaya Silberstein

- * Students come to Touro to actually learn rather just pass through as their way of earning a degree
- * Taking the stairs is faster than taking the elevator
- * Most students don't know what status they hold, whether they're a freshman, sophomore, junior, or senior.
- * When putting money in the soda machine, some people don't get any drinks, while some get two.
- * Touro has one of the biggest Jewish Libraries, except that most of the books are not in the library - they're kept in the basement. You have to be taken down by a librarian.
- * Certain professors bring cookies for their students to munch on during class.

On Behalf of the Student body, we would like to express our condolences to Dr. David Luchins on the loss of his mother Dr. Edith Luchins. May Hashem comfort you among the mourners of Israel.

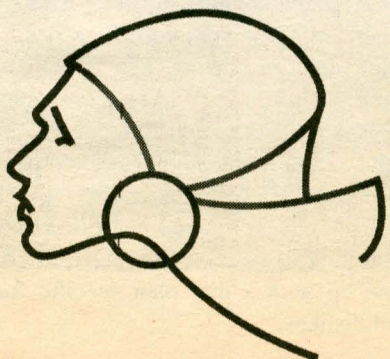
Recent Events Around Women's Division

Recent events at the Women's Division included lunches during which we were addressed by guest speakers and our own faculty. In commemoration of September 11, Mr. Steven Schwartz and Prof. Smadar Rosensweig addressed the student body. Mr. Schwartz is a member of Hatzalah of Washington Heights and was at the World Trade Center when the towers fell. He spoke about his experiences that fateful day and the juxtaposition of having his son's brit milah the next day.

Prof. Rosensweig spoke eloquently about learning from the lessons of recent history, how to improve ourselves during the times of Aseret Yimai Teshuvah, and how we must avoid temptation to assign blame for disastrous events.

In honor of Rosh Chodesh Cheshvan, Dr. David Luchins gave an informative address to the students about the current situation in the Middle East and how the current situation in Iraq could impact upon Israel and America. On Rosh Chodesh Kislev, Prof. Zvi Kaplan lectured about the Satmar Rabbi's views on Zionism and the Holocaust. Prof. Kaplan's presentation of the Satmar Rabbi's justification for anti-zionism was quite thought provoking and lead to interesting debate among the students.

We look forward to planning more events for you and we are open to any suggestions you have for speakers or topics. Have a Happy Chanukah!



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HEALTH

The Facts and Myths about Beauty Sleep

Majority of Americans Do Not Get Enough Sleep

by Rivkie Sternberg
Senior Editor

We spend about 8 hours/day, 56 hours/week, 224 hours/month and 2,688 hours/year doing it ... that's right...SLEEPING. 1/3 of our lives we are apparently doing nothing. But is sleep really "doing nothing"?

If one were to walk through the halls of Touro College in the pre-midterms days, one blatant observation would come to mind. Why is everyone so tired? Do they not believe in something called 'sleep'? Upon questioning, one student retorted - Why do we need sleep anyway?

Sleep helps your body recover from all the work it did while you were awake. As a person sleeps it is thought that the brain performs vital housekeeping tasks, such as organizing long-term memory, integrating new information, and repairing and renewing tissue and nerve cells. Sleep allows your body to rest and your mind to sort out past, present, and future activities and feelings. Especially after a full day at Touro, we students need this vital restoration.

Adequate sleep is also necessary for our nervous systems to work properly. Too little sleep leaves us drowsy, less alert, and unable to concentrate - something we try to avoid around test time. It also leads to impaired memory and physical performance. Without enough sleep, a person's ability to perform even simple tasks declines dramatically. Our biological functions are disturbed and this can lead to mood swings, hallucinations, and in the most extreme case, death.

Another promising element, deep sleep coincides with the release of growth hormones in children and young adults. Many of the body's cells also show increased production and reduced breakdown of proteins during deep sleep. Since proteins are the building blocks needed for cell growth and repair of damage from factors like stress and ultraviolet rays, deep sleep may be truly "beauty sleep".

One more effect of inadequate sleep was revealed from a fascinating new study at the University of Chicago. It found that when young people don't get enough sleep, it temporarily brings on some signs of aging.

So how much sleep do we need? 7-8 hours a night is the average amount a person needs. Sleep requirements vary from person to person - some people are naturally short or long sleepers. Thomas Edison, Martha Stewart, and Jay Leno have remarked that they sleep less than 5 hours a night. In contrast, Albert Einstein and Calvin Coolidge claimed that they needed 10 or more hours per night. Some experts suggest that the best way to determine personal sleep requirements is by waking up without an alarm clock.

With today's around-the-clock society, more people than ever are sleep deprived. People need a wake-up call, literally, to become aware of how prevalent sleep deprivation is. In fact, it is estimated that nearly 50% of the adult population in the U.S. is lacking in sleep. With longer hours and increased commute time, it appears that the price of this boost in productivity is a reduction in sleep.

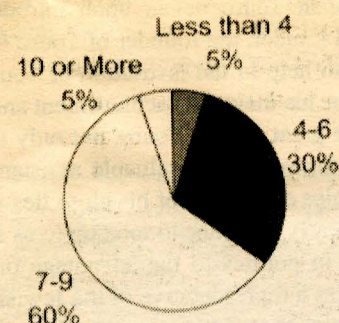
So what's happening to all of these exhausted individuals? Many tragedies that

have been linked to human error were due to exhaustion. Some historic examples of severe sleep deprivation include the Exxon Valdez oil spill, the NASA Challenger shuttle explosion, and the Chernobyl nuclear accident.

The most common consequence of lost sleep has become a public health issue - sleeping behind the wheel. Sleep deprived people who are tested by using a driving simulator perform as badly as or worse than those who are intoxicated. A fatigued person who drinks will become much more impaired than one who is well rested. Driver fatigue is responsible for an estimated 100,000 car accidents, 71,000 injuries, and 1500 deaths each year, according to the National Highway Traffic Safety Administration. Caffeine and other stimulants cannot overcome the effects of severe sleep deprivation. Touro students do not want to become a statistic together with this group of sleep-deprived individuals.

In summation, we have known for a long time that mothers were right - you do need a good night's sleep. Sleep restores your energy and prepares you for the day ahead. Without sleep, you become less alert, are unable to concentrate, and have an impaired ability to perform. You can prematurely develop signs of aging and fall asleep behind the wheel. Sleep is when growth hormones are released and cells are repaired - true "beauty sleep". Remember, the average recommendation is 8 hours a day.

HOW MANY HOURS OF SLEEP DO TOURO STUDENTS GET ON AN AVERAGE NIGHT?



An Expose on Fad Diets

How to Eat Right

by Chana Dershowitz
Contributing Writer

A phrase often heard around school is, "I'm so fat; if only I could lose 10 pounds." With so many fad diets being advertised, it's hard to find the right path to eating and being healthy. Some of these diets profess eating only proteins and no carbohydrates in order to lose weight. Others say that exercising 5 times a week and eating whatever you want is the way to slim down. Another popular diet involves cutting out all sugars. With so many options, how do you know which one is right for you?

I consulted with a nutrition expert, Lisa Cohn, M.S. R.D. According to Cohn, the secret to weight loss rests in proper nutrition and not in dieting. So why don't some of these diets work? For starters, when you only eat protein, your body is not getting the necessary carbohydrates. (Surprise, your body does need carbohydrates!) On this diet, most of the weight that you lose is water, which means it is only temporary. It is not a healthy way to lose weight and keep it off. In addition, some of the high protein foods, such as fried chicken, have a high fat content, which is not good for your body either.

What about working out all the time? If you work out and then fill your body up with junk food, your workout will not do much for your body. Skipping meals is another unhealthy fad diet that people try. People say, "I have to fit into that gown for my cousin's wedding, so I just won't eat for a week." When you don't eat, your body

goes into "famine" mode. This means that your body will do two things. 1) Since it thinks it won't get food, it will be very conservative about the amount of calories it uses slowing down your metabolism. (Metabolism means the amount of energy your body needs in a day.) Your body will go into its reserves. First it will use your fat, then your muscle, and finally your tissues. This can cause the weakening of your heart and other major organs. 2) When you do actually eat something, your body will store more. This means that if you starve yourself, when you do actually eat you will gain more weight than if you had eaten properly in the first place. Last, what about cutting out all sugar? Doesn't sound like a bad idea. However, if you deprive yourself of sugar, your body will crave it more. This may cause you to binge on a lot of sweets at once. This certainly is not good for your body.

So, what's a girl to eat? The key to weight loss is a faster metabolism. You might be saying to yourself "I thought my metabolism was something I was born with." Not true. You can build up your metabolism to make it faster. Here's how: By eating balanced meals regularly and snacking in between on real, healthy food, you will give your body more fuel and more energy. This, in turn, will make your body work faster using the extra fuel.

So what should you eat? The key to eating healthy is eating a balanced meal filled with real foods including a carbohydrate, a protein, a fruit or vegetable, and some healthy fat. Real foods means trying to stay away from processed foods, which are refined flours and

sugars. Basically, you can eat any food for breakfast, lunch, or dinner as long as it's healthy real food, eaten in a balanced way.

One of the hardest parts about being a student is facing the munchies temptation. Sometimes, when studying it's hard to identify if you're really hungry, bored or stressed. Here is a good guideline: if the last time you ate was a few hours ago you might really be hungry. If it has been three to four hours, you may need a meal. However, if you ate dinner an hour ago, you are probably just stressed. In that case, take a walk, listen to music for fifteen-minutes- don't just grab food.

If you have really determined that you're hungry, there are two things to keep in mind before grabbing a snack: 1) Portion size - small 2) Quality of food - healthy. If you crave cookies, eat 2 cookies instead of 6 cookies, balanced with milk for a bit of real food. You can also grab low fat popcorn, carrot sticks, a yogurt with banana, or a cracker with peanut butter. You can even have a spoonful of ice cream. One spoon a day will not make you fat, and it satisfies your craving. The secret to healthy snacking is eating what you want in small amounts, and pairing it with real food. The most important thing to remember is balance and moderation.

Thank you to Lisa Cohn, M.S., R.D. for sharing this information with me. If you are interested in finding a nutritionist, you can call 1-800-CALL-AN-RD. A nutritionist can come up with a diet plan specific for your needs, likes, and dislikes.

HEALTH

Personal Diatribe:

Nothing Tastes as Good as Thin Feels

by Debora Jaye
Contributing Writer

I can almost guarantee a thin person wrote the line: "Nothing tastes as good as thin feels." How do they know? Of course to them nothing tastes as good- they've been bingeing and purging for years. Calista Flockhart swears she is not anorexic- it must be her half a grapefruit diet and speed that keeps her so thin. Why are the only people modeling clothes a size 4 and under? In stores when us "large" people finally find something in our size, it's either black or some hideous floral print that my grandmother wore in the seventies. Oh, and it costs more than the "regular" size. Of course, there are the times when one can find a plus sized garment that is not ugly- but the style would never look good on a fuller figured person. Why do they design it in our size if they know it will look bad? Either they are incredibly stupid, or they just want to turn us off shopping and make us hate it forever. I once found a great suit at Macy's, beautiful color and cut, that fit perfectly. They had one suit in my size that had massive stains across the back. A shopping experience killed once again. I used to love shopping, when I was thin (yes, I was thin once). But the joy is now gone; instead replaced with the sinking feeling that yet again I need to pay two hundred dollars for a mediocre outfit with a really big number on the tag that "won't fit me soon, because I'm going on a diet tomorrow, and I'm going to lose weight."

This brings me to my next point. All those thin people have no clue what it's like to really diet, exercise, sweat, and feel like you're going to pass out because you are so out of shape. And when they nonchalantly say, "so lose weight" in that uppity voice of theirs, they are asking to get slapped. "So lose weight" is synonymous with spending lots of money on exercise equipment, gym fees, Weight Watchers or whatever other exorbitantly priced weight loss program you choose, and all those other health magazines you must buy because they write on the cover that Judith Light, who has been thin her whole life, lost 36 pounds eating sandwiches from Subway and "you can too." And don't forget those shakes and energy bars that tastes like cardboard but they're "good for you."

I have been dieting for years, and therefore I can tell you what works. I am not a size negative two, and I know where you are coming from and what you need. So take my advice: When you stick to a diet for an extended period of time and you exercise, it works. But the operative word is stick to it. I can eat only carrots and cheese for 3 weeks and I will lose weight, but the very minute I stop eating only carrots and cheese I will gain all my weight back. There is no quick fix. Starving yourself doesn't work, and neither does throwing up everything you eat. It will only hurt your weight loss process. Watching shows like "Ally McBeal" and "All My Children" will only make you feel bad about yourself. Low self esteem only makes you gain weight (watch Camryn Manheim on "The Practice". She's a better role model). So, believe in yourself. (And only go shopping when you really need to.)

Are You a Victim of Stress?

by Shira Des Moines
Contributing Writer

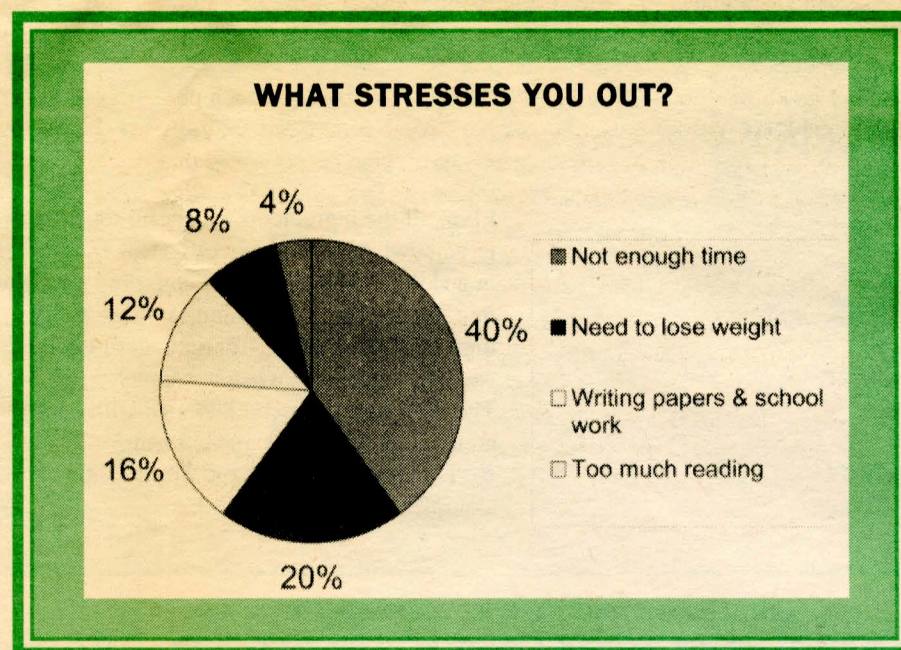
Are you stressed? Most students are when it comes to test season. Pulling sleepless nights for those midterms, eating uncontrollably while nervously cramming for that History class. The Touro College Women's Division psychologist, Professor Naomi Klapper, a graduate with a Masters degree in Counseling Psychology from Columbia University, informs us that most stresses physically as well as psychologically take their toll on our bodies.

Ever notice yourself contracting a cold during those times of stress? Why do we get the sniffles and sore throats during exam time? "Stress weakens your immune system and your body physiologically responds to it," explains Klapper. If people start stressing themselves out stress after stress, it will have long-term ramifications.

Stress not only creates psychological illnesses but physiological illnesses as well. Ulcers as well as high blood pressure can possibly stem from stress. Stress causes tension headaches, backaches, increase in blood pressure, obesity, and sleep disorders. Klapper informs that, "during the stressful cram sessions and work overloads, the digestive system doesn't function properly and that's one reason why students have those unbearable stomach aches from nervousness." A lot of hormones affect your body during stress. Why the cravings? Klapper explains that, "there are two reasons why people eat when they are stressed. Certain stressful situations are associated with food. For example, when one has a bad day, one can get used to being consoled with ice cream or some other treat. Additionally, when a person is nervous, "they can suffer from chemical imbalances which are replenished by certain foods that they crave," declared Klapper.

There are relaxation techniques and exercises that can help alleviate the stress in our everyday lives. It has been found that the causes underlying many physical disorders can be partially controlled if patients are first trained to recognize the physiological responses in their bodies - to know what it "feels like" when their heart rate goes up or blood pressure increases or decreases. There is a training called biofeedback that teaches the patient how to make their blood pressure go up or down. "Migraine patients for example are hooked up to a machine that gives them feedback on temperature and blood flow in their hands." Biofeedback has shown to be quite helpful with headaches.

"There is another technique that behaviorists have used extensively in stress-relief programs and in relaxation training," Klapper says. There are procedures for inducing deep muscle relaxations; the most popular is 'progressive relaxation'. The clients go through each muscle in their bodies, contract and hold the muscles for 10 seconds, and then release them. This makes them achieve a state of relaxation. With practice, this technique can relax many people as soon as they feel themselves going tense. Normal exercises such as aerobics are also a great de-stressor. So if you're feeling stressed, don't worry! There are exercises, therapies, and other alternatives on how to deal with your test stress worries.



Overweight Students Sue McDonald's

by Reena Goldberger
Editor-in-Chief

This is not a joke (although it sure sounds like one). Two teenagers are suing the McDonald's Corporation and the two Bronx franchises that they frequented for damages related to their obesity. One of the teenagers, 19-year old Jazlyn Bradley is 5'6" and weighs 270 pounds; while the other, 14-year old Ashley Pelman is 4'10" and weighs 170 pounds. The teenager's attorney, Samuel Hirsch, filed a complaint against McDonald's accusing the franchise of being responsible for their obesity. Hirsch claims that McDonald's did not provide the necessary information about the health risks associated with its meals.

It is true that McDonald's aggressively promotes towards children through its Happy Meals, toy promotions, on-premise playgrounds and 'spokes-clown.' It is also true that the fast food sold by McDonald's is not healthy. For example, McDonald's Super-sized Big Mac Value Meal contains more than 1,600 calories, 63 grams of fat and 1,800 grams of sodium. Moreover, McDonald's does not make the fat or calorie content of its foods easily available. By not allowing consumers to easily learn the calorie content, McDonald's is misleading its customers. Mr. Hirsch is correct in labeling the Super-sized Big Mac Value Meal a "fat bomb".

However, these teenagers are shirking personal responsibility for their own actions and poor eating habits. Did they think that the Super-sized Big Mac Value Meal -which consists of a Big Mac with Super Size fries and Super Size Coke - was healthy and dietetic? However, the teenagers claim that McDonald's was overly enticing because of its advertisements, cheap food, and easy availability of franchise restaurants. But they didn't have to eat there! Unlike smokers who become addicted to nicotine and cannot stop, Big Mac eaters are not addicted to hamburgers and could exercise more restraint and refrain from overeating at McDonald's. It is also quite unlikely that these obese teenagers became obese merely from overeating at fast food establishments. It is more likely that they also overindulge in snacks between meals. This lawsuit reflects an unhealthy trend to blame someone else for one's own errors in the hope of receiving a monetary benefit.

Chanukah Recipes

Jelly Doughnuts

Ingredients:

7 1/2 cup flour
1/2 stick margarine
3 eggs
2 ounces yeast
1 cup warm water
1 vanilla sugar
4 Tbsp. sugar
2/3 cup OJ
1/3 cup white wine
oil

FILLING

Jam
1/2 cup confectioners' sugar

1. Dissolve yeast in warm water
2. Knead all ingredients in large bowl.
3. Let rise for 1 hour.
4. Roll out on board, cut round or doughnut shapes and place on greased surface.
5. Allow to rise for another half an hour.
6. Heat oil in heavy, deep pot. When hot, drop doughnuts in, dry side down.
7. Turn doughnuts in oil to brown on both sides - about half a minute. When done, place on paper towel to drain.
8. Fill with jam; or sprinkle with confectioners' sugar when cooled.

Excerpted from: Culinary Creations, by: Bnos Zion of Bobov

Cheese Latkes

Ingredients:

3 eggs
1 cup milk
1 cup cottage cheese, drained
1 1/2 cups flour
1 tsp baking powder
1/2 teaspoon salt
5 Tbsp. sugar
1 tsp. vanilla extract
1/2 cup oil for frying

Place all the ingredients except oil together in a large bowl. Mix until smooth. Heat 1/2 cup oil in a skillet. Using a large spoon, drop the batter into hot oil. Fry 2 to 3 minutes on each side, until lightly browned. Continue until batter is used up, adding oil when necessary.

The latkes may be served topped with sour cream, applesauce, or maple syrup.

Excerpted From: Spice and Spirit, The Complete Kosher Cookbook.

Chanukah Recipes

Potato Latkes

Ingredients:

5 large potatoes, peeled
1 large onion
3 eggs
1/3 cup flour
1 tsp. Salt
1/4 tsp. pepper
3/4 cup oil for frying

Use: 10-inch skillet

Yields: 4 to 6 servings Grate potatoes and onion on the fine side of a grater, or in a food processor; or put in a blender with a little water. Strain grated potatoes and onion, pressing out excess water. Add eggs, flour, and seasoning. Mix well.

Heat 1/2 cup oil in skillet. Lower flame and place 1 large tablespoon batter at a time into hot sizzling oil and fry on one side for approximately 5 minutes until golden brown. Turn over and fry on other side 2 to 3 minutes. Remove from pan and place on paper towels to drain excess oil. Continue with remaining batter until used up, adding more oil when necessary.

Serve with applesauce on the side.

Variation: Zucchini or Carrot Latkes: Substitute 5 medium zucchini or 5 medium carrots for potatoes.

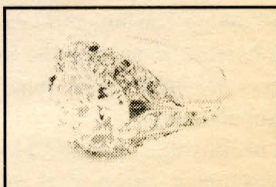
Excerpted From: Spice and Spirit, The Complete Kosher Cookbook

Chanukah Recipes

Chanukah Recipes

Top 10 Most Wanted Gifts

10. Tickle-Me-Elmo
9. A Date with Spiderman
8. A New Laptop
7. A Dinner at Le Marais
6. Massage Chair from Sharper Image
5. All-you-can-eat Sushi dinner
4. The new Lev Tahor CD
3. H& M shopping spree
2. A wedding ring
1. A free trip to Israel



Women on Chanukah

With permission from OU.org

The general rule in Halachah is that women are not obligated in time-bound Positive Mitzvot; that is, Positive Commandments to be performed at a specific time.

However, they are obligated in certain time-bound Positive Mitzvot. These include Lighting the Lights of Chanukah (or answering "Amen" to the brachot (blessings) recited by someone else who is obligated) and the Reading of Megilat Esther on Purim (or listening to the reading of someone else who is obligated, and answering "Amen" to the brachot recited before the Reading of the Megilah). The reason for the exceptions made, in both cases, is that "they (i.e. women) were also involved in the same miracle (as men)!"

On Chanukah, as well, women were threatened by the attack by the Greeks and the Hellenists on the lifestyle of the Jewish People; in some respects, even more than men. One major example of this is that each Jewish bride had to submit to the Greek military governor prior to her wedding. Until, that is, Yehudit, the daughter of Yochanan, fed that individual a large amount of cheese (which, incidentally, is the source of the custom to eat cheese on Chanukah), which made him sleepy, then lots of wine, which made him drunk, then beheaded him. When she carried his head to Yerushalayim on a platter, and his troops saw the horrible spectacle, they panicked and ran.

Therefore, women certainly benefited from the Miracle of the Oil and even contributed, in a direct way, to the Military Victory of the Chashmonaim, which allowed the Jewish People to rededicate the Temple, their spiritual center, and to restore Jewish Life and the purity of Jewish Family Life.

I'm an ocean away from home
And too many miles to count
When rainbow lights have dimmed
Out I pull the brass gift from loved ones
Eight lamps to fill our cups with salvation
In I pour golden oil
Dragging a twig until it kindles.

Dedication
to Light

Esther Rosenfeld

Bringing The Peace Home

The Lesson of Yehudis is Relevant to Our Lives

|by Chaya Silberstein
|Contributing Writer

“And she chopped off the general’s head!” How Yehudis (Judith) killed Helifornes, the commander-in-chief of the Greek Army in 165 BCE and saved the Jews and Israel from foreign invasion, physically and spiritually, is one my favorite stories of Chanukah. It proves that although women are at many times thought to play a behind-the-scenes role in Judaism, the opposite can also be true.

In the year 165 BCE, Israel was in turmoil. The Greeks led by their King Antiochus, wanted to destroy the entire Jewish Nation. The people belonging to that nation could remain alive, so long as their religion and faith would be annihilated. What was so wrong with Antiochus’ plan? What is so wrong with destroying the Jewish religion? Why can’t we forget about religion; let people just be people and live in harmony together?

G-d’s predominant goal is to have recognition of Himself as being the ultimate Creator brought down to the world. Shortly after destroying mankind with the flood, G-d brought about the great schism. Seventy different languages and nations now divided humanity. A decision had to be made. G-d decided to endow the great responsibility of bringing His light back to the world on a select group of people - the children of Abraham, the first Jew. Skip a few periods in history and we arrive in the year 2448, when G-d freed the Jews from their enslavement in Egypt and gave them the greatest gift of all, a book of instructions and guidelines on how to live: the Torah. With this gift came a huge responsibility as well, to bring G-d’s light and recognition to the entire world.

So now you ask why do we need the Jewish religion? Without the Jewish religion we have no Jews and without Jews we can never have peace.

Heading back to the story of Chanukah, Antiochus tried to destroy the Jewish religion by banning the basic laws that hold the Jews together: Bris Mila, Shabbos, and Kosher. This the Jews could not tolerate! Lead by Yehudah Hamaccabee and his brothers, the Israelis rebelled against their oppressive Greek rulers. In retaliation, Antiochus sent Helifornes and his army to suppress the rebellion.

The Jewish army was minuscule compared to Helifornes’ forces. They fought bravely until Helifornes cut off their water supply. They were faced with a choice: die

of thirst or surrender. This is where Yehudis, the widow of Menashe, enters the story. Being greatly respected as a righteous and upright woman amongst the Jewish community, Yehudis requested to exit the city and enter the Greek camps. She had a secret plan. Being their last hope, they granted her request. She dressed in her most beautiful finery and looked dazzling, for she was a very pretty woman. With a basket of wine, bread, and cheese she entered the Greek camps. The sentries on duty immediately stopped her and asked her for her business. She said that she was running from her besieged city and sought refuge with them. She added that she had information on how to conquer her people’s city in the most effective way. They immediately brought her to their general, Helifornes. He was taken away by her manners and beauty and asked to be left alone with her. She fed him cheese, bread and wine until he became tired, and fell fast asleep. Yehudis then broke off an iron rung from the bed and severed Helifornes’ head, which she then placed in her basket. At midnight she snuck out of the camp and brought the head back to her people. The next day they hung it on the wall of their city, at the same time that the Greek soldiers discovered their headless general. They retreated in fright pursued by the Jewish army... and the war was miraculously won, Israel was now free.

“Conflict going on in the Middle-East...” has been broadcasted louder than ever in recent months. A valuable lesson for these difficult times can be taken from the upcoming festival of Chanukah. At the moment, Israel is afraid to act on her own and destroy her enemies. She needs the backing, encouragement, and acceptance of other nations. Where is the Yehudis of our generation? Israel must not sit idly by; let us depend on G-d and take a stand. She is convinced that she is just like the other nations of the world, that she doesn’t need G-d or the Torah to guide her. It’s a destruction of the Jewish customs all over again... by no one but the Jews themselves! It’s time to trust in G-d and if it means fighting to defend our land, let’s do it!

We need another Yehudis! Thank-G-d, in today’s day and age we have more advantages than women of the past ever had. We have education, and with education: a voice. Let us use this power and try to influence the world to recognize G-d so that we can end this seemingly never-ending war and bring ultimate peace to the world. Any one of you can be the next Yehudis, come on and act!



A Personal Story

The Magic of Light,
The Wonder of Unity

|by Serach Luchins
|Contributing Writer

Aside from its pristine beauty, the feelings of tranquility and unity that preside in Eretz Yisroel, especially during the chagim, fill one with an incredible sense of identity and belonging. The chagim in Eretz Yisroel are a time when everyone unites, when Jews from all walks of life come together in celebration and prayer. I spent the past year studying in Eretz Yisroel and my memories of Chanukah are unforgettable.

I arrived at the Kotel just in time to watch the Prime Minister climb up on a small stool to light the menorah. He recited the berachot and lit the first candle. It was as if the warmth emanating from the candles warmed my heart. Looking around at the crowd intensified this feeling. People were holding hands, and small children sat cross-legged and played with their sevivonim. Most sensational was seeing men of every group and walk of life dance together – a Chassid dancing together with a Kippah Srooga. This sight made me smile. On this special night, the first night of Chanukah, everyone put aside their differences in order to serve Hashem, and to me, that was beautiful.

On the way back from the Kotel, as my friends and I gazed out the windows of our taxi, we were amazed. The houses we passed by so many times before suddenly looked brighter and more magnificent. Outside many of the homes were small glass cases with menorahs inside. Israelis have used these glass cases for over thirty years, to better fulfill the mitzvah of perumei nisa, publicizing the miracle of Chanukah.

I was unable to fulfill the mitzvah of perumei nisa because I was living on the top floor of my dorm building. My menorah sat on my windowsill, too high for anyone down on the street to see. And so, I felt lacking; I felt left out of this great mitzvah. But then I reminded myself that the Jewish people are a unified nation and by being part of the public menorah lighting at the Kotel, and by looking at the sparkling lights shining from the many Jewish homes in my neighborhood— I too was part of the communal mitzvah of perumei nisa. I was unified with my brothers and sisters in Eretz Yisroel, our homeland, and for eight nights the menoros would be lit once again warming the air and filling the land with brilliance.

Embellishing Intelligence

All vocabulary words are taken from articles in this issue of *The Independent*.

- Trite:** a) original b) imaginative c) stiff d) commonplace
Precarious: a) stable b) careful c) enduring d) insecure
Volatile: a) docile b) unpredictable c) safe d) tardy
Indubitably: a) unquestionably b) in doubt c) punctual d) instinctively
Demise: a) conception b) downfall c) scant d) delusion
Venerable: a) notorious b) manageable c) intelligent d) revered
Diatribes: a) eulogy b) critical attack c) weight loss plan d) ethnic group
Anomaly: a) standard b) simile c) irregularity d) dilution
Schism: a) break b) phenomenon c) scheme d) epiphany
Sentries: a) guards b) a sentimental values c) centuries d) principles

Answers to Vocabulary Words

Trite: (d) Lacking power to evoke interest.
Precarious: (d) Dangerously lacking in security or stability.
Volatile: (b) Tending to vary often or widely. Fickle.
Indubitably: (a) Too apparent to be doubted; unquestionably.
Demise: (b) The end of existence or activity; termination.
Venerable: (d) Commanding respect.
Diatribes: (b) A bitter verbal attack.
Anomaly: (c) Abnormality.
Schism: (a) A separation or division into factions.
Sentries: (a) Guards.

Denim is Back

A Glimpse into Touro Women's Fashion

|by Chaya Silverstein
|Contributing Writer

"I live in my denim skirt," is something constantly heard in the halls of The Women's Division

As religious girls following the halachik principles dissuading the wearing of pants, the denim skirt is a really great find.

Denim, greatly improved in durability by Levi Strauss in 1873, is one of the few items in our closets which seems to last forever, no matter how often we wear it. Denim is the one fabric that appears to improve with age.

The denim skirt first became popular in 1970 when denim burst out across the United States as the established fabric for comfort and leisure. A cotton based fabric, originally laborers' clothes, denim was upgraded when teens and adults began sporting it in a variety of styles: pants, skirts, jackets, and bags. Towards the end of the twentieth century, denim took a decline. Being such a comfortable fabric, parents still sported their old jeans - turning-off teenagers from stepping near the fabric.

Thank G-d, for us religious girls, denim flooded the market again in the twenty-first century. This time around, the market produced more skirts than ever before. The skirts now came in a variety of styles and lengths... to be dressed up or down... to be worn with anything.

The Women's Division has grabbed onto the trend of denim skirts, and thankfully isn't letting go too fast. When walking down the corridors, in the elevator, in the library, in the classroom... a denim skirt can usually be spotted.

